

rocky hill

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VOLUME 3, EDITION 12

A cultural education

New Indian-influenced school focuses on the arts

See story on Page 4

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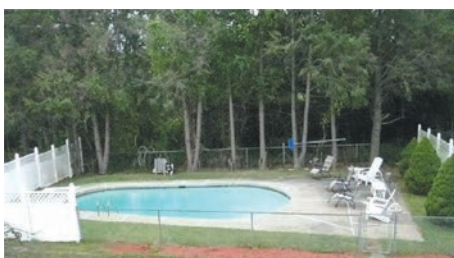
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QUOTE OF NOTE:

"I don't like it when they feel they need to copy artwork or make it perfect or right. I want them to embrace their own technique or style." - *Meredith Arcari*

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ON THE COVER

Tanvee Powar, 8, was instrumental in setting up the street lighting on the CLAAY model town.

Photo by Lisa Brisson
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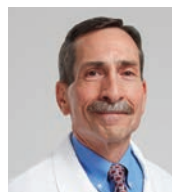
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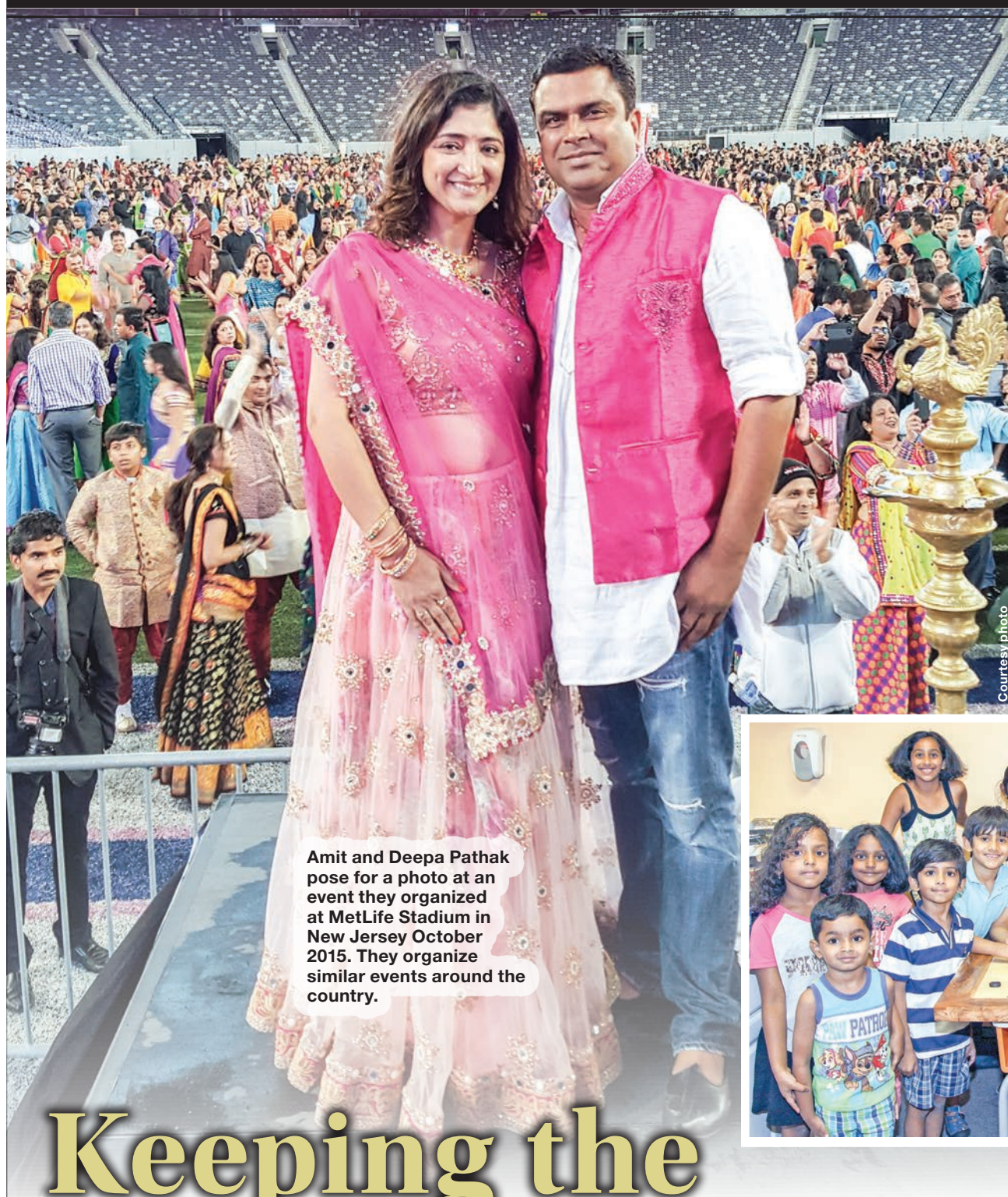
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Amit and Deepa Pathak pose for a photo at an event they organized at MetLife Stadium in New Jersey October 2015. They organize similar events around the country.



Daksh Singh, 8, and Aarya Ezhilmani, 4, prove that yoga is good at any age.



Summer camp participants take a break for some yoga poses.



The popular Indian game of Carom is played at the summer camp.

Keeping the culture alive

by Mara Dresner
Staff Writer

Deepa and Amit Pathak met while studying computers in college in India, back when computers were a relatively new industry. Amit found himself falling in love. So he asked Deepa to marry him.

"We were like good friends. We were not dating. When I proposed to her, it came as a surprise," Amit recalled.

"We weren't even at the age where our friends were thinking of marriage. I was just 18 the first time he proposed. I had two elder sisters still in the pipeline. My first response was, 'No, it's just not possible.' I started keeping my distance from him after that. I was worried if my parents would find out someone proposed to me in college and they would not be happy about it," Deepa said.

"Amit was very persistent and he and I were in the same college and same class and doing projects

Couple opens new Indian-influenced school in Rocky Hill

together. He kept trying. One day, he decided he was going to my mom directly, without giving me any notice. He said, 'Auntie, I like your daughter, I would like to get married.' The response was not encouraging.

"She said, 'You're too young to discuss this.'"

Amit was about 20 at the time. "So I called my dad and said, 'Here is the situation. I love this girl. She is good friends with me. She comes from a very good family, a very cultured family. She is also [a]

computer genius."

Even though his father had never met Deepa, he was supportive.

"He literally came down to Bombay. We went to her house. My father did the major work, talking and convincing the parents and convincing the girl," Amit said.

That didn't mean the young couple was in for smooth sailing.

"I thought everything was all set. We are engaged. I'll finish my master's [degree] and then get married. Nothing of that worked. We ran into a lot of cultural differences. I

come from a very conservative Punjabi family. I had a lot of reservations. His family [was] a little more open to dating," Deepa said.

"They would call me for celebrating festivals. I would go from Mumbai to Gujarat. I had to go there and stay overnight before even getting married, which was totally not acceptable with my family. We were not ready to get married. Both of us were very ambitious."

Eventually they realized that in order to continue their relationship, they needed to marry, which they did when Deepa was 19 ½ and Amit was 21.

"When I got married, I had a realization Amit's family is kind of public figures. His father-in-law is editor in a newspaper; he is a very great social worker in the community as well. I can speak about my father-in-law for hours. He was very knowledgeable, very well-respected, very influential," she said.

"You name the field, he was masters in that and very well known. Because of his writings he was being threatened multiple times. I didn't even realize when we were getting married, I was getting into that phase of that life.

"Now all of a sudden, I am a public figure. Everywhere I go I was noticed. That created a sense of responsibility. His writings were becoming a big threat to a lot of Mafia gangs there at that time," she said.

They held a family meeting where Amit's father, Dinesh, said that if he continued writing, his life would be at risk. His family agreed he should not give up his work.

Sadly, his prophesy came true and shortly after, he was murdered.

"The funeral procession for my dad was attended by more than 50,000 people. The whole city was completely closed for the day. Not a single shop or office was open. It was like a curfew. No one wanted to work that day," Amit said.

Fifteen days after his death, Deepa remembers going in for her entrance exam for her master's with police protection. The court cases against those who attacked Dinesh took about two-and-a-half years.

"While I was finishing up my master's, they got this case resolved. Our family and friends said, 'This is not a safe place for you anymore. It makes sense for you to move out,'" Deepa said.

"We thought we'd move out working for an Indian company who had branches in the U.S. as well. We started looking for options."

They first moved to the United States in 1999 when Deepa landed a job with AIG in New York. The couple, their infant son and Amit's mother moved to New Jersey. Although they still had assets in India, they came here with limited resources.

"We had four pieces of luggage, a 4-month-old son and \$4,000 in our pocket. That's all of what we had and that's what we started," Amit said.

Their first purchase was a \$6 box of Band-Aids when Deepa cut her finger.

"Basically we had to start from scratch. We had a luxurious life back in India. You had maids and servants and drivers around you," she said.

"I remember the first time I had to clean the dishes after cooking; it was a cultural shock. I didn't even realize I had to do this. I was so pampered back in India, so spoiled. We come here, we go through a very hard life."



Deepa Pathak and TV Asia owner HR Shah pose on set at TV Asia headquarters in New Jersey.

The couple, who recently celebrated their 25th anniversary and has two children, did everything they could to lay the foundation for a brighter future.

"We knew New Jersey was not the place where we wanted to raise our kids," Deepa said.

In addition to her official day job, she began doing projects for the parent company.

"I played almost every role for the company: project manager, marketing, sales, you name it, I did it. I would basically do it for free. Amit partnered with me for that."

Amit also worked in technology as well as developing businesses of his own. At one point Deepa had the opportunity to come to Connecticut to talk about a project with Travelers Life and Annuity.

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Indian celebrities visit Creative Learning Arts Academics for You (CLAAY). From left are violin maestro Deepak Pandit; CLAAY co-founders Amit Pathak and Deepa Pathak; Padma Wadkar and Bollywood singer Suresh Wadkar.

That turned into a several month assignment where Deepa would stay in Connecticut during the week and travel back to New Jersey on the weekends. After several months she was offered a full-time position with the company.

"The full-time position was appealing at that time. We needed that level of security. I would be working directly under the CIO. It would be very difficult to say no," Deepa said. "We had a lot of things to look forward to."

The family first moved to Newington, where

they lived from 2004 to 2015, then to Glastonbury. Their son Taran just graduated from Glastonbury High School and will be attending Drexel University this fall. Daughter Veda just completed sixth grade.

Once they were settled in Connecticut, they began to look to expand their lives beyond work.

"This is where we were missing a beat we had in India, the public life in India. That was a piece we started missing a lot, the community involvement and lifestyle we had there. Here the only who people knew us were the people in the companies and the neighborhood," Deepa said.

"We started volunteering for a lot of nonprofit organizations. In doing that a couple things happened. We got the social life we needed, we got that whole sense of giving back to community. Then we started helping out with cultural events. That's how our involvement started. That journey never stopped. Almost every year got associated with something new."

While they enjoyed that work, Amit began to think about doing something with the arts, remembering the many performances he had attended at Darbar Hall in India.

"As the son of a journalist, I had the opportunity to go and enjoy the performances. I don't know how that whole thing came on to me; it transformed me. ... I'm now realizing as a child what I heard, what I experienced, I wanted to

share this with friends and family, it would make me happier," he said.

"Deepa is coming from a different culture, exposed to a different culture. It opened more horizons, Deepa coming into the family. She brought her values, she takes me a step further. She started taking interest in my interests. She started taking interest in what I like."

Amit owns local business such as the 7-Eleven in Newington and Allstate Insurance Agency in Middletown.

"As we were getting associated with nonprofit associations, spreading the rich culture of India, I got a wonderful opportunity in 2011. I was visiting a friend in Toronto, Canada. There was a performer coming from where I was born. I knew that performer very well to childhood. We stayed over [so we could see him] and enjoyed it a lot. That started this urge to bring this kind of huge event to the U.S."

The couple put together their first event in 2013, held in New Jersey, attended by more than 8,000 people.

"That give me immense pleasure, not only organizing the event, but sharing and giving the opportunity. People came from 19 states to witness that event. Then I started to continue that event. The next year, four shows in four different cities," Amit said.

Last year the couple, through their event man-



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Diya Shine and Aahana Ravivarman, both 9, like to play the Indian board game Carom.

agement company Be United, organized shows in 10 cities. This year they're bringing shows to 14 cities. One show was held at MetLife Stadium in New Jersey, hosted by Deepa.

"There were 10,000 people dancing on the field. No one would have thought they'd be doing an Indian event on the field. It looked like a mass meditation," she said.

"They keep dancing for five hours straight. There was no alcohol involved. They get this energy from the tradition and values and the mass activity," Amit added.

"I was told I was the first Indian lady hosting any MetLife event. It was a proud moment. It

raised the bar. We were looked up to as leaders of the community and it helped spread the traditional dance form, the traditional art form, the singing," Deepa said.

They were looking to do something more.

"We work with nonprofit organizations. Amit and I make great relationships with celebrities. They'd come and perform and then they'd leave," Deepa said.

"We are making so many contacts. We have so many resources, we know so many community leaders. How do we connect with those on a regular rhythm as opposed to just one time?"

That's where Venugopal, a Rocky Hill resident, entered the picture.

"Venugopal came in and went to Amit. He said, 'I want to start something with kids, like a day care center.' Just the way he approached us, it reminded us of our days when we were exploring and we wanted to see how we could work with him and run some kind of program," Deepa said.

"We thought, let's at least begin. One day, we thought if we start something with kids, why not do something with performing arts? We have all these resources. Let's see if there's a way of collaborating with them."

The Creative Learning Arts Academics for You (CLAAY) was born. The school opened this past November. Venugopal, who goes by the one name,

is its director.

"The basic objective is to bring all arts forms under one roof. Instead of the parents running from one town to another getting the best teachers, the basic object is to bring the best teachers from around the state so parents are not running from one town to another," Venugopal said.

"We want to ignite. Most kids and parents are not exposed to the art forms. Once they're ignited, we want them to join our classes and mold their talents. Once they're molded, we want to showcase their talents. It becomes a complete creative lifecycle, ignite, mold and showcase."

They see using their more experienced students as entertainment at upcoming festivals. In addition to the performing arts classes, there are academic programs and they'll be adding some programs for adults. The facility is also available for rent.

Mohit Gupta, a software professional who lives in Rocky Hill, said her son Mansh has been enrolled in both after-school and summer programs. Heading into fifth grade, he especially enjoys yoga and math.

"We were looking for a secure after-care for our son and we found CLAAY best among all. They have a very structured program. The facility is very clean and organized on top of that. [It's an] excellent staff and program," Gupta said.



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"They give attention to detail which helps learning on an individual level. Over all it's a wonderful experience with CLAAY. My son loves going there."

The Be Creative events also led to another opportunity for Deepa.

"The first time I was hosting an event in MetLife, we invited the owner of TV Asia as a guest. He said, 'Why don't you join TV Asia?' For almost a year, I kept saying no. I didn't think I was ready for it; I didn't think I had the capacity for it. He kept insisting for a year," she said.

She finally agreed to do it, with certain caveats. She would not take any money for the job and she would decide which events she would cover.

"Connecticut's Indian community has so much talent. It was never showcased on any national

channel. I thought it was a great opportunity, that I will have an ability to showcase talent and all good work we're doing. As I started to do it, I found it very fulfilling, going back to my father-in-law's days of journalism," she said.

"There were 10,000 people dancing on the field. No one would have thought they'd be doing an Indian event on the field. It looked like a mass meditation."

– Amit Pathak

Anything we do in the Indian community, we have now a voice. Personally I grew a lot. It's about giving back to society and upgrading my own skill set," she said.

She sees that duty to give back as part of everything she does.

"We, being the community leaders, have a

She added that whenever she covers events, children come up to her to hold her hand and she gets a great response on Facebook.

"It was so fulfilling. Even though some-times I run into capacity issues, I still want to do it.



Amit and Deepa Pathak are the co-founders and directors of CLAAY.

responsibility toward the young generations here in the United States. Somebody has to take the initiative to create the change we need around us. This academy is a platform of initiating that change for our young generations going forward," she said.

They are already looking into expanding the CLAAY model to other cities. **RHL**

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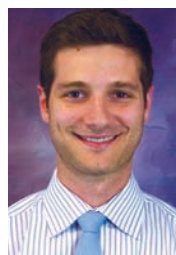
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Dr. J. Kristopher Ware began his career as a physical therapist before pursuing his medical degree at UCONN and a sports medicine fellowship at Brown University. He performs advanced arthroscopic techniques for the shoulder, hip, and knee, and has a special interest in the treatment of rotator cuff tears, shoulder instability, knee ligament tears, articular cartilage injuries, meniscal tears, femoroacetabular impingement and hip labrum tears. Now scheduling appointments in Hartford, Newington, Plainville, and Rocky Hill. **Call (860) 549-3210.**



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Old murder case sparks new book

Teacher, restaurateur Bob Colangelo writes 'The Adam Hat Murder'

by Mara Dresner
Staff Writer

On a Veteran's Day in the mid-1960s, Bob Colangelo was hanging out with some buddies in Hartford.

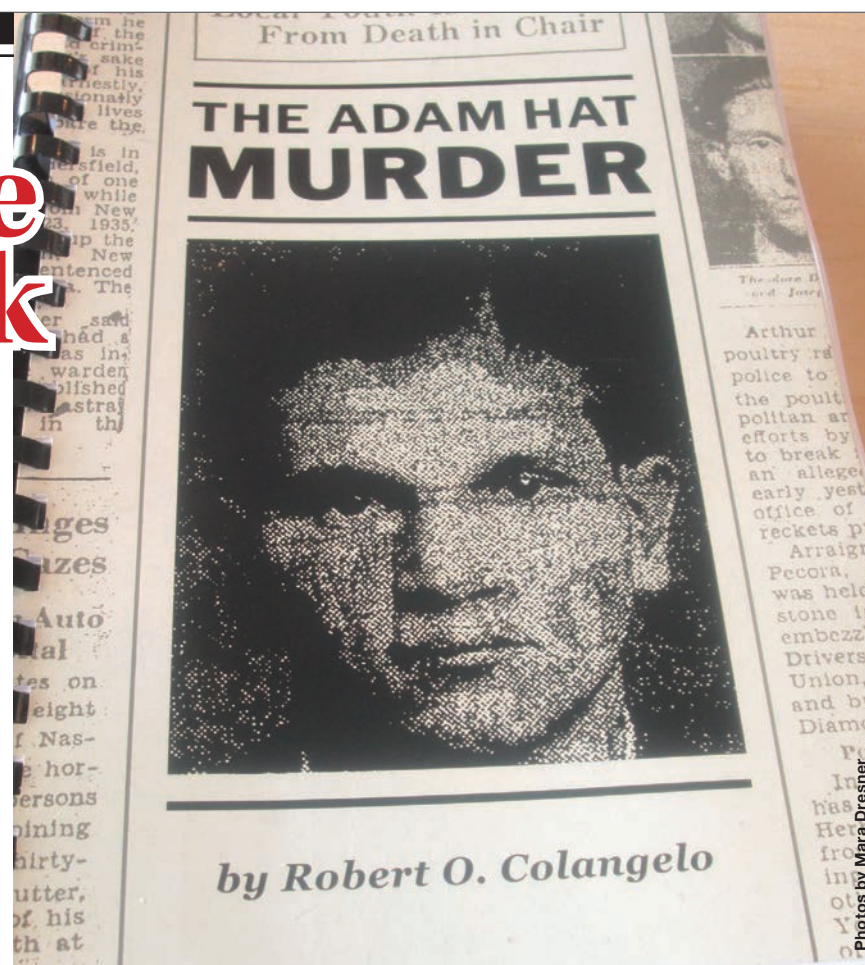
"It was maybe 1965, 1966, we were standing on the corner, on New Britain Avenue and Julia Street, just hanging around, all different age groups. It was like a meeting place, like the Agora of the neighborhood. I remember this like it was yesterday," he said.

"An old car pulled up in front of us, an old Cadillac with big fins and rotted panels. The guy couldn't drive very well;

he parked terribly. The guy looked familiar and looked unfamiliar at the same time. He had on a white dress shirt, no tie, black pants, white socks. He walked past us. He looked at us, we looked at him.

"Somebody says, 'That's Scata. He just got out of Sing Sing.' One of the guys said that he was the rat; he ratted everybody out. He stayed around the neighborhood for a while, then moved to Florida," Colangelo recalled.

That brief encounter with Salvatore Scata made an impact on the young Colangelo, who worked at Combustion



This version of Bob Colangelo's "The Adam Hat Murder" features the transcript from the court case. He also plans to release a shorter version.



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Bob Colangelo has finished writing "The Adam Hat Murder." It took him about 12 years to research and write the book.

Engineering, taught science at Bulkeley High School for 35 years and, with his wife Joanne, opened Max Bibb's on Capitol Avenue in Hartford in 1985.

Learning about Scata's story piqued his interest and now Colangelo has written a book about the incident called "The Adam Hat Murder." It was a long process.

"The idea was just a curl to begin with," Colangelo, who moved to Rocky Hill from South Windsor in 1997, said. "Writing was difficult to me."

He began researching the project about 12 years ago when he retired from teaching.

"I became intrigued that he was the rat. I became intrigued about his place in society. He was only 17 then. He spent his whole life in jail," Colangelo said.

"I started to look into it almost as a hobby. The more I looked into it, the more I became interested. The story is compelling; the characters are unbelievable."

The Colangelos made frequent trips to Brooklyn, where the crime had been committed on Labor Day of 1935.

"It was the middle of the night. There were eight young guys, seven Italians, one Jewish kid, all impoverished; this was the Depression. There was a rumor out that one of them had seen a collector on the subway carrying a bag of cash. This was their pot of gold," he said.

"No one was violent. Their thing was an easy snatch-and-grab. They planned to go to the subway station, push him, grab the satchel. Who was going to buy new shoes? Who was going to buy a good meal? Who

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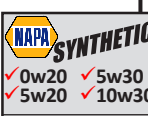
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was going to pay the rent?

"The only thing is, as the robbery proceeded, the collector didn't give up the money so rapidly. All of a sudden, two of them had guns and he was shot dead, through the heart, 21 years old. He was going to get married the next month. So that was the murder," Colangelo said.

The robbery was for a good deal less money than they had anticipated: a bag of nickels and dimes totaling \$260 to be split eight ways. Police asked people to be on the lookout for people spending nickels and dimes. Scata was arrested when he went to buy beer at a bar; all but one of the perpetrators was eventually caught.

"They were charged with felony murder. They were all poor. They were tried in Kings County in five days. They were all tried together. It was like a circus. They were being tried by a special jury. There were hand-picked jurists. They were not taken out of a [jury] pool," Colangelo said.

"It's called a blue ribbon panel; it's a special list of names. The first day was picking jurors, the last day was the conviction. The whole trial was three days. Two of them never took the stand. It was injustice, complete and utter injustice, no matter who was guilty or not," he added.

"Most of them were not violent at all. There was one killer in the group and it was Scata, the kid from Hartford. He had killed people before."

Once he began to get into the research, his wife and daughter Cari, who owns Max Bibo's Delicatessen in Wethersfield, encouraged him. It wasn't an easy process.

"It was my daughter and my wife that got me going. They kept saying, 'Why don't you write the story?' I can't even use a computer. Everything was handwritten," he said.

In addition to the trips to Brooklyn, he went to Washington and to the Sing Sing Correctional facility in Ossining, N.Y. After he wrote the book, he put it in a drawer.

"I had no idea what to do with it. My daughter said, 'This is a shame. You have to do something with it,'" he said.

That's when he got support with basics such as putting the lengthy book – 593 pages – into a

computer format, developing a design, etc.

"It was crazy at our house. It became like a medicine show. This was like an elixir getting it done," Colangelo said. "I had so much fun doing it."

The first edition includes the entirety of the court case. He is planning a second edition that will be 120 pages shorter.

"Mr. C., that's what I've always called him, needed a typist when he began working on 'The Adam Hat Murder' several years ago, as he prefers to write in longhand. My daughter, who is good friends with his granddaughter, agreed to type for him. When she headed off to college a few months later, I took over the job," Gena Hallisey said.

She recently moved to town after living in Wethersfield for the past 28 years.

"My main responsibility involved typing each chapter of the book after Mr. C. completed them. We would then meet and review them, making edits and revisions. Many times we had to change or edit the chapters several times," she said.

"I also did research for the book, such as locating newspaper articles related to the murder case and subsequent trial. I would also research historical events, politics and popular culture of the 1930s, the time period during which the crime took place.

"What impresses me about Mr. C. is his vast knowledge of opera, cinema, art, sports and history. He writes effortlessly and is able to easily tap into this knowledge in order to incorporate these elements into his narrative. I think this makes the book that much more interesting," she added.

"Also, he and his wife are big movie buffs, as I am. We spent hours over the years talking about our favorite films, some dating back to the 1940s and '50s. I learned so much from working with him on this book and from our many conversations," Hallisey said.

"I love reading biographies as well as nonfiction and historical fiction books, particularly those set in the late 19th and early 20th century, which is why I became fascinated with this murder case as I worked on the book. I think people who are familiar with Hartford will be very interested in reading about

this case, as it has many references to the city and its landmarks.

"Mr. C. has captured this time period and given life to each of the characters involved in the crime, at times using humor. I think anyone who likes reading real-life crime stories and has an interest in history will definitely enjoy this book."

Cari Colangelo called the book a true labor of love.

"I watched my father research and write this book for years. The story is compelling in and of itself. A tragic story of eight young Brooklyn guys, looking for a way out of their dire circumstances, develop a scheme that becomes each of their undoing. The tentacles of their actions have far-reaching consequences," she said.

"My father captures the essence of the men, the plan, the hopes and the ultimate downfall of all those involved, including the

innocent Edwin Esposito, whose young life is taken by The Rat," she added. "It is a gripping novel. I cried, I laughed and I cried some more."

The "Adam hat" in the book's title refers to a type of fedora that Scata dropped at the scene of the crime. Colangelo said the unfairness that happened speaks to him still.

"I thought I was doing good to tell their story. One of the guys, before he got electrocuted, said, 'This is injustice.' His last words were, 'Injustice triumphs.' He was the least likely to be electrocuted. He never hurt anybody. Scata squealed on him, lied about him. He never took the stand in his own defense," Colangelo said.

"He had an alcoholic father, a brother committed suicide, he went to work when he was 7 years old, his whole life was like that, it was unjust. I don't want to change the world or anything, but it was unjust what it happened. Then it was like nothing when he died. He

had kids. It was wrong."

Several Connecticut people figure prominently in the book, such as a Bulkeley High School principal whose petition helped saved Scata's life.

"Not because he was not guilty, but because he was 17. Bulkeley High School became a rallying point for Scata," Colangelo said.

He felt relief when the book was finished.

"Me not being a writer, it was hard to do. I had to have help and direction. It was an effort by everybody," he said.

"It's a wonderful story; the characters are magnificent. There was no truth in the trial; there was no truth in the newspapers. Maybe that sounds cliché, but if somebody has just taken the time to get to the truth," he said.

"Nobody took the time,


even when people were getting executed. Not one person would say, 'Do they really deserve to die?' They just went along. The judge went along, the attorneys went along."

Colangelo admits he might have another book in him.

"If I could have someone put it on the computer right away, I've got another story I'm interested in," he hinted, this one having to do with the late Hartford Judge of Probate James Kinsella.

"It never occurred, but in 1984, this probate judge was going to be impeached; he resigned before that, him and attorney Alexander Goldfarb." **RHL**

A book signing for "The Adam Hat Murder" will take place from 6 to 8 p.m. Sept. 14 at Max Bibo's Delicatessen, 691 Silas Deane Highway, Wethersfield. The book is on sale at the restaurant and will be available on Amazon starting in September.



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Nick Cella of Rocky Hill pays rapt attention.

A special camp for special youths

Camp Sunrise offers summer fun for children with various needs

by Nancy Thompson
LIFE Staff

Officially, Camp Sunrise is “a structured therapeutic day camp,” but for the campers, it’s simply a terrific way to spend the summer.

The camp, started in the early 1970s by Glastonbury resident Gil Spencer, is open to youths with special needs from Glastonbury, Rocky Hill, Wethersfield, Newton and Cromwell.

The idea started when Spencer returned home from a Rotary meeting one evening and found his wife in tears. A camp for children with special needs that their daughter enjoyed so much was closing because of the loss of funding.

Spencer made a few phone calls to friends who were experts in special education, recreation and transportation. They met and decided to set up a new camp.

In its early years, the camp program met at Glastonbury High School, where campers used the gym and pool. Today, the camp takes place at Smith Middle School and is co-sponsored by the five towns under the authority of their respective recreation departments.

“It’s a great program and it started on a shoestring,” Spencer said. “We get excellent support in town.”

In addition to paid staff members, the camp attracts about 30 volunteers each summer, mostly high school students from the five

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Gilbert Spencer started Camp Sunrise in the 1970s to offer summer fun to children with special needs.



Nick Cella of Rocky Hill gets a close-up look at a turtle.

participating communities.

The day starts with a morning meeting at which everyone talks about the day's events. They do some exercises and sing the camp's theme song, the Beatles hit "Here Comes the Sun."

After the meeting, campers split into five or six groups based on age and ability and participate in activities that vary from day to day. Almost every day includes a field trip, either for small groups or for the entire camp, with outings to amusement parks, bowling, movie theaters, Mystic Aquarium and the beach.

Groups not taking part in the field trips walk to nearby Addison

pool to swim during public free swim time.

A recent camp session included a presentation by Jenn Torres of Animal Embassy, a Stamford-based organization that provides visits to schools, camps and other groups to promote conservation and an appreciation of various animals.

The campers sat enthralled as Torres brought out a tree frog and turtles, a ball python, an iguana, a tarantula, and finally a cuddly bunny.

Many took advantage of the chance to pet the animals, although some demurred, especially when the tarantula was making the rounds.

Staff members and volunteers sat with the campers throughout the presentation.

Anna Park, recreation supervisor for the Glastonbury Parks and Recreation Department, and camp Director Caitlin Glynn of Wethersfield said the camp would not be possible without its volunteers.

"The program wouldn't run without them," Park said. "It's a life-changing experience for them."

Glynn, who teaches special education in East Hartford and has worked at the camp for several years, agreed.

"Without the volunteers, this program would not run," she said.

Over the years, several of the volunteers have decided to go into special education because of their experiences at the camp and some, like Lauren Fisher, a group leader from Glastonbury who volunteered for two years, have become staff members.

"With this being my sixth summer at this camp, I have learned so much from the kids I've worked with," she said.

"The most inspiring thing about Camp Sunrise is the positivity that is in each camper which then rubs off on everyone around them. Every day I can say I leave camp with a smile on my face from the love these campers give and that's the best part."

Mike Dean, a group leader from Wethersfield, works in the Newington Public Schools as a tutor during the academic year and knows some of the campers.

"It's nice to get to know these kids outside of school and see what interests they have," he said. "Doing something as little as going to the pool can make a kid's summer and that's a very rewarding experience."

Donna Johnson, a group leader from Glastonbury, has been involved in the camp for more than 20 years.

"Over these years I have watched children grow and blossom into amazing young adults," she said. "Being involved has taught me patience, compassion, and to enjoy life to the fullest. Camp Sunrise is my second family." **RHL**



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A better, healthier life

Rocky Hill couple opens Training for Warriors Central Connecticut

by Mara Dresner
Staff Writer

When you meet Gina Syndomin, she will probably strike you as someone who has always been into sports and staying in shape. While that's true, it doesn't tell the full story.

After playing soccer and running track at her high school, where she was inducted into the Hall of Fame and named athlete of the decade, she earned a full scholarship to Southern Connecticut State University.

"I had an underdog mentality. I had to work really hard. If normal girls were working to take two steps, I was doing eight. I always had it in me to do work a little harder," she said.

She earned a degree in marketing and was doing inside sales when a car accident changed her life.

"I broke my back and fractured my T12-L1. There was a four-and-a-half hour surgery right after it happened. They had to get my parents' permission. They told my parents there was a high percentage of my being paralyzed when I woke up. There was a 70 to 80 percent chance of my being paralyzed. They were crushed," she said.

"When I woke up, the surgeon told me and my family I was a miracle case. My muscle held my spine in place. I shouldn't be walking, but because I was so physically active, it helped me. I know someone who fractured the same vertebrae who's in a wheelchair. It was pretty

eye-opening."

She was in a back brace for a couple of months and underwent significant rehab.

"I was scared to be in a car for a while. I was so thankful I could still walk and was still alive. There were some points the pain was so bad, I had to be thankful for the pain, that I could still feel it," she said, adding that her now-husband Krzysztof was a major support for her. "He was there every step of the way."

Her sales job wasn't as appealing after the accident.

"It was one of the worst experiences and the best at same time. It gave me my purpose in life. It really made me rethink everything. Fast forward, I went back into sales and I just couldn't do it. Sitting all day was

really bad for my back," she said.

Two years after her original surgery, where they had put in two rods and eight screws, she found herself in worsening pain. Doctors did additional surgery to remove the hardware.

"I'll always have pain. I have a high tolerance for pain. It's perspective and the way you look at it. After that, I thought I need to do more. I have a purpose and I'm wasting my life away not helping people," she said.

"So I became NASM certified in personal training and began working at a gym shortly after, one on one, semi-private, group stuff. I got great results. I loved it. It was just helping people. It wasn't sales-y; I think people can see it's authentic," she added.

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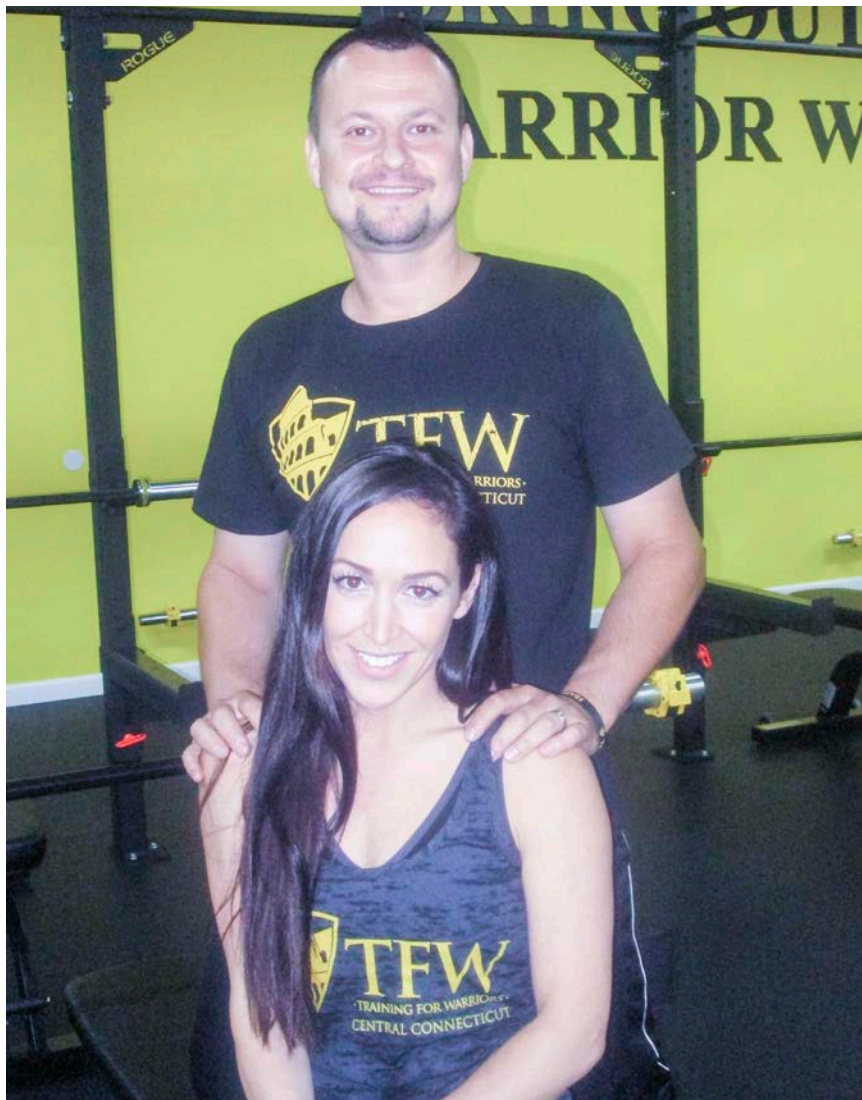
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Photos by Mara Dresner

Krzysztof and Gina Syndomin of Training for Warriors Central Connecticut say their program is about more than just getting physically fit.

While she was enjoying her new career, it still wasn't exactly what she wanted to be doing.

"When I made the decision to go into being a personal trainer, I always had the idea in my head of what kind of a facility I wanted to work at, and the place I was at fell short. I had all these values I grew up with, starting with my parents, starting with coaches when I was 8 years old, great values and lessons and how to improve physically, mentally, emotionally and spiritually," Syndomin said.

"I wanted more. Kris was OK with that and we decided to go off and do our thing. I quit my job and got certified in Training for Warriors a year and a half ago," she added.

"I heard the founder, Martin Rooney, speak at an event two years ago. He's a big fitness guru, his workouts are amazing. He just had all the things I just wanted to be. He became a new mentor."

The couple opened KG Total Fitness, doing business as Training for Warriors Central Connecticut, which is an affiliate program.

"We get to run the show," Krzysztof said, noting the program is different than a franchise.

"I like that with all affiliates, and there are almost 300 affiliates worldwide, you can reach out to anyone and they will gladly talk to you, to help you. It's more than just a business."

Gina was attracted to the energy of the businesses.

"When I saw in that room in an actual TFW facility was a facility like this with yellow walls and awesome, motivating slogans on the walls. It's so motivating and inspiring. Everyone greets you at the door. They're so excited to see you; it's a certain type of person," she said.

It took quite a while for the local couple to find the right space, which they finally did in December.

"It seemed like forever. It took eight months. We couldn't find the right space, something wasn't right, the location, the building, the price point. This place came up; it just popped up on the market," Krzysztof said.

"I woke up one morning and

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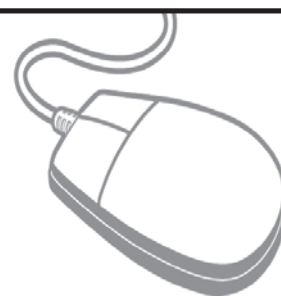

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Krzysztof and Gina Syndomin have opened Training for Warriors Central Connecticut. After each class, they encourage students to strike a warrior pose.

I hadn't checked in a while. I woke up and did my search for Rocky Hill and all of a sudden this space popped up. I didn't even get out of bed. I just did this search on the phone. It was the weirdest thing. I don't even know why I checked [that day]."

At first, the space seemed too big. The buildout took three months and Krzysztof did much of the work himself.

"I demolished two offices that were kind of in the middle; they obviously had to go. I completely gutted the bathroom. We added a changing room, then built a little storage area. We actually added a new front door," he said.

"I'm a very, very hard worker; that's just how I've always been. I remember being a little kid, helping my grandfather work on the lawn mower, the car. I had to have a tool in my hand. As far back as I can remember, I would have some type of tool in my hand. I had to work on something, even if I

wasn't fixing it, I had to take something apart," he added.

"When I was little, I took everything apart. As I grew older, I had to figure how to put everything back together. I had a strong background in automotive. I did a lot of auto body and mechanical and painting."

Training for Warriors had its official grand opening July 8 with a charity event. Gina said the name shouldn't frighten people.

"A lot of people get confused or scared. I think people overlook that they fight battles every day. Those are warrior moments. Our job is to help you bring out the warrior within," she said.

"Our program is very different from any other gym. We actually call ours a dojo, a place of enlightenment. We are different in that we not only work on physical strength, we have things in place to work on mental fortitude, motivational messages and stories of the day,



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nutritional tips of the day.

"We understand that maybe you come for four sessions a week; that's four hours. What about the remainder of the week? That's the hard part. Who's holding you accountable when you leave the door? We don't just coach you in here, we coach you out there as well."

She said that in previous jobs she would encourage clients to send her photos of what they were eating if that would help them stay on track. They hire people who are committed to more than physical fitness.

"Our program has a certain type of person, a certain type of person who not only has amazing knowledge and education, but character and values. That's something Kris and I both believe in. Every time you walk in here, we want it to be the best part of the day," she said.

"We ask who your kids are, what you do for fun. We want to get to know them, figure out why you're here. We want to get you to your goal, to get the stress out, to lose fat, to build muscle, to feel good. That's

our job description."

While there is a training class of the day, the program can be customized and progressive. Each client's health and fitness history is taken into consideration.

"We assess everyone who walks in the door. We do a postural assessment, a dynamic assessment. We know what you can and cannot do. We figure out what's going on with you," Gina said. "It's mobility, then stability, then strength, then power."

Participants sign up prior to coming in for a class.

"Before you come in that day, coaches know so they can prepare," she added.

"I think we're different than other functional fitness studios. We are educated, we understand physical therapy. We take our assessments to a different level. It makes me cringe [in programs] when no one got assessed. It scares us. What's happening in the industry is hurting people."

Classes are one hour long.

"All you have to do is show up.

We'll warm you up, take you through the training session and stretch you at the end," Gina said.

Part of their mission is to support the community.

"We have core values within our program that we want to run our facility with. One of those is to love the person next to you and helping people, no matter what the situation is. We're all family," Gina said.

"We're going to try to have as many charity events as we can. There's so much hate out in the world right now. We want to be the place that loves, no matter what."

Their grand opening charity event supported a fellow affiliate, a mother of four from California who is dealing with breast cancer. They invite local groups to contact them to arrange charity events, whether or not they're members.

One annual event they are planning will be in memory of Krzysztof's brother, Martin Syndomin, a Rocky Hill resident who passed away on Aug. 3, 2015.

"Every year in memory of Martin, we want to bring family,

friends together," Krzysztof said.

A fundraiser will be held on Martin's birthday, Nov. 11, to raise money for the Connecticut Brain Tumor Alliance, a cause he actively supported.

"We wanted to keep Martin's name going, to keep his legacy going," Gina said.

As Krzysztof and Gina get their company off the ground, they are already thinking about adding offerings to best serve their clients.

"It comes down to we're here for you. The end goal is to have a better, healthier life, for this to become part of your lifestyle, that's really our main goal," Krzysztof said.

"No matter who you are, what you are dealing with, our program will make you better. Everyone should work toward a better version of themselves," Gina said.

"This program is worldwide and it's changing lives. It's making me better and it's holding me accountable, too. When I heard about this, I thought, 'Where has this been my whole life?'" **RHL**

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Chipping away

Carvers turn simple pieces of wood into works of art

by Mark Jahne
Editor

To the unenlightened, it is nothing more than a boring piece of wood. But to those who enjoy carving, it is a masterpiece waiting to be revealed.

A woodcarving group meets on Wednesdays at the Rocky Hill Community Center through the auspices of the senior center. It is led by Warren Blessing of Wethersfield, who runs the Woodcraft supply store in Manchester.

Both Rocky Hill residents and out-of-town folks participate. The program was initially founded more than five years ago as a way to attract more men to the senior center, but on this day the six carvers were evenly divided between men and women.

"We get together every Wednesday from 1 to 3," Blessing said.

Registration is not necessary, people can just drop in. Those who do pay a weekly fee of \$2. All levels are welcome, including beginners.

"I have some basic carvings I start people off on," Blessing said.

Some of the folks in the room one recent day were working on a group project that involved carving a sea bird called the puffin. Blessing coached as he carved and said he helps class members source the tools they need and sometimes loans spe-

cific tools from his extensive personal collection.

He thinks the activity is popular because it is both creative and therapeutic.

"It's calming. It's very relaxing, restful," he said.

Greg Marsdale of East Hartford learned about the class when he visited Blessing's store. He originally utilized YouTube to learn the basics of carving but favors the personal approach.

"I started at home on my own. I'm a potter also. Carving was something I could do sitting out in the shade," Marsdale said.

Maryellen Arsenault was the first woman to join the class when it was formed. Now she's a veteran carver who won an award for her work in the 2015 Mystic Carvers Association exhibition. She still enjoys coming to the class.

"This is the beginning of my fourth year. It's the one thing I do that takes my mind off everything else," Arsenault said. "I always leave with a smile."

She was busily carving a puffin, one of the group projects Blessing occasionally presents to those who are interested.

"I've been working on this for about a year. I take my time when I carve," she said. **RHL**



Maryellen Arsenault was the first woman to join the class. She didn't like how the feet of her bird came out so she is making some adjustments.

The finished product looks much like the live puffins that can be found along the coast of Maine.



Photos by Mark Jahne

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From the Mayor's Desk

Summer time and a day on the farm

by Claudia Baio

The sun is shining and warming our faces and we're all taking advantage of time to enjoy outdoor activities in the warmth before the summer bids us farewell until next year.

Whether it's going to the beach or a fair, berry picking or some other local activity or event, it seems we're always looking for some little extra special way to appreciate spending time outside. There are so many fun things to do, including in Rocky Hill.

I had the pleasure of accepting former mayor Todd Cusano's invitation to visit our neighbors, the Whalens of Hayes Farm, and he

accepted mine to participate as a guest contributor to this column. This month presents a collaboration to share the experience of our time together at Hayes Farm along with our gracious hosts, John and Fran Whelan.

There is a book entitled "Bucolic Plague," a memoir about the need to escape the hustle and bustle of day-to-day life and escape now and then to the calmness and tranquility of settings like farms. This came to mind as we arrived for our visit to the farm. We were graciously greeted by the Whelans as well as an assembly of chickens, roosters and barn swallows.



Courtesy photo

Spending a day at Hayes Farm are, from left, Mayor Claudia Baio, Fran Whelan Sr., Fran Whelan Jr., Katie Whelan, John Whelan and former mayor Todd Cusano. In front is Sarah Whelan.

Tip O'Neill's famous book "All Politics Is Local" is often cited at all levels of American politics. While national politics has always attracted the most attention of the voters in our country, it seems that in recent

years the national debate has infiltrated every level of government.

Indeed, it seems that all politics is national nowadays. Given the tenor of the last few national elections, the unfortunate bitterness and

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harsh rhetoric of our national leaders has affected even small towns across our great nation.

Rocky Hill residents take pride in our town, including love of our great nation. Our community can set a higher standard than we currently see coming out of our nation's capital. To put it boldly, we'd like to demonstrate that bipartisanship is not a sign of weakness or mere line in a speech.

Our differences ought to provide the opportunity for dialogue. With that in mind, we came together in a way that would make the prior generations proud. We came together at a local farm. This is small town America at its finest.

As Rocky Hill plans to celebrate its 175th anniversary, Hayes Farm plans to celebrate its 150th anniversary, having started in 1868. We met on a crisp Saturday morning accompanied by owner/farmers Fran and John Whelan.

Hours earlier, the Whelan brothers had done their morning chores and tended to the 70 head of cattle, 300 chickens and seven pigs under the watchful eyes of barn residents Rufsie the cat and Olive Oil the goat.

Fran and John exemplify what was the norm for most of our country's history; they tend the land that has been in the family for generations. They carry on the traditions of their great-great-grandfather, Charles Hayes, an Irish immigrant.

Under their guidance, we walked to the barn where we met and spent time with

non-voting constituents including Thunder the bull and the newest addition to the farm, a calf named Gee Gee that was born in July.

Then we walked the pasture where the cows spend their days roaming the hills, gathering under trees and around the drinking pond. We toured a good portion of the 45-acre farm that is proudly the first farm in town to sell its development rights to the town under the November 2012 referendum to preserve farmlands and open space.

Back then Cusano and the late Barbara Surwillo, renowned for their ardent discussions at the council table, joined to support Hayes Farm. We came together at the farm to appreciate this living part of our town's history.

From certain vantage points, none of the houses along Trinity Ridge, Falcon Ridge and Hayes Road are visible. It is easy to image life as it was 100 years ago.

We talked with Fran and John on how the love of tradition, hard work and the animals drives them to rise every morning at 4:30 to begin the day's chores. We even had the pleasure of a surprise visit from the family patriarch, Fran Whelan Sr. who, along with his wife, still assist their sons with collecting eggs and preparing them for sale on a daily basis.

It was also time to tend the fields for the hay necessary to feed the animals in the coming winter months. Fran and John spend dozens of hours tending their fields in the meadows

along the Connecticut River. For those who have lived in town long enough, you've probably waved to them on their tractors as they moved hundreds of hay bales from the meadows to the farm.

Except for the roads being paved and a smartphone playing the likes of Jason Aldean and Carrie Underwood, this has been the work of Hayes Farm for decades. With the land protected from future development and the Whelan brothers carrying on 150-year-old traditions, Charlie Hayes would surely have been proud of his family, and the town, for keeping his dream alive.

Walking back from the pasture, you realize that this simple life ought to be reflected in our politics. We elect our politicians at the local, state and national levels to serve the citizenry. Oftentimes it seems that those who the citizens elect forget that basic job description.

Perhaps a tour of Hayes Farm is in order. It is located at 269 Hayes Road and can be found on Facebook and Instagram. **RHL**

Editor's note: This will be the last "From the Mayor's Desk" column until after the Nov. 7 municipal election. Mayor Baio issued the following statement to our readers:

"While I would hope to be in the [mayor's] seat to continue after that [date], that will depend on the election results. Regardless of the outcome of the election, I thank you all for the support and the honor to serve as your mayor."



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FALL Arts

Making a connection through art

Meredith Arcari is an artist, teacher and master gardener

by Mara Dresner
Staff Writer

Artist and master gardener Meredith Arcari got an early start on the things she loved.

"My grandparents would bring us outside all the time. We were surrounded by nature," she said. "My father is from Italy. He really got us into gardening and living a simple life."

Always creative, she knew from a young age that she wanted to

make a career with her art, choosing art education.

"It's a stable way of life. There are usually jobs. I knew that was the path I wanted to go down," Arcari, who grew up in Hartford, said. "Being brought up in Hartford really had such a large and positive impact on my life."

She moved to Rocky Hill when she was 17, attending Rocky Hill High School, next moving to New Britain when she was 21. She settled



Courtesy photo

Artist Meredith Arcari enjoys layering different media in her work as in "38 Gilman Street."

in Newington this past November.

She's certified to teach K-12 and mainly teaches kindergarten

through sixth grade working with a variety of nonprofits including the West Hartford Art League and New

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She often mixes other lessons with art, such as science, where students can learn about the materials as well as create projects.

"A lot of times what I want to do is to build upon what the students already know. For instance, I created mandalas with my students. They learned about symmetry and reflection using shapes," she said.

In 'My Garden Grows,' there's a science aspect to that. Then they create a collage of their own garden. I include other types of subjects and then I like to read a book to them, so there's some literacy, too."

She encourages her students to do projects their own way.

"I just want them to be able to express their individuality. I don't like it when they feel they need to copy artwork or make it perfect or right. I want them to embrace their own technique or style," she said.

She teaches a program that's based on where they live.

"They create different sites in their neighborhood or block. Everyone is from a different area. It's not cookie cutter. I want them to think about their own house. What's unique about that? It's about their own feelings," Arcari added.

She takes a similar approach with her own work.

"I don't like it when they feel they need to copy artwork or make it perfect or right. I want them to embrace their own technique or style."

– Meredith Arcari

"I think that goes with being an art teacher. I do different lessons with my students and experimenting with new mediums, and I wanted to do that with my own art as well," she said.

Arcari recently worked on some pieces based on local architecture that are proving popular. She also started to create jewelry.

"My father was a plumber. He used to bring me onto job sites and teach me how to sweat the pipe and solder it. Then I took a class in college and learned how to solder stained glass," Arcari, a mother of one, said.

She finds herself doing a lot of juggling, between caring for her young daughter, her gardening work and her art, which includes photography. One of her biggest challenges is finding the

time to do everything.

"When [my daughter] gets put down for her nap, I usually try to squeeze in some time. My husband is on a rotating schedule. On the days he's home, you go up to your studio," she said.

"I just moved my studio to the attic so I'm able get away and focus up there. My time is very limited. I try to squeeze it in."

She's organized before she even steps in her studio.

"Usually I have a list I've created of the different shows," she has coming up, such as exhibiting with the Mothers in Art group on Sept. 16 at Windsor Art Center, she said.

"I have a list, a little pad of what I want to do next. I choose specific ones I want to do and go upstairs and do what I've selected."

She likes using color and playing with texture.

"I really enjoy being outside; it's very therapeutic," she said. "I feel like the theme [of my work] has to do with New England as a whole, the architecture or nature that surrounds us."

That includes painting nature scenes, local animals or different types of birds. She also likes to experiment with various styles.

"A lot of the artwork I create is mixed media. I can't just use acrylic paint and that's it. I think I've always admired mixed media work; I love different types of media and want to be able to use multiple

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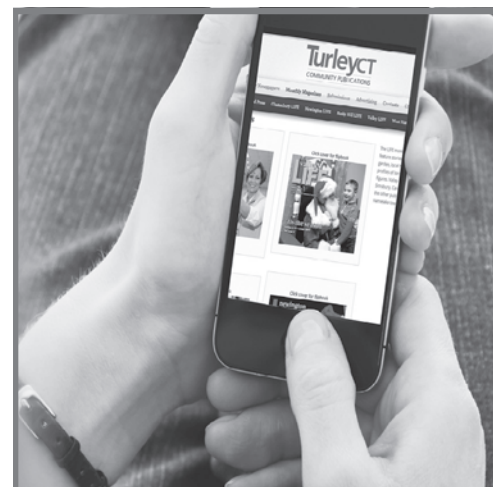
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mediums in my work for a layering effect," she said.

"Sometimes people don't even know what type of media I use. I feel like it creates more dimension in my work."

Sandra Guze, program and education coordinator for the Green Street Teaching and Learning Center of Wesleyan University (formerly the Green Street Arts Center) in Middletown, has known Arcari's work for years.

"I first met Meredith when she was an art student of mine at Rocky Hill High School, probably close to two decades ago. So, even prior to witnessing her impressive skills as a teaching artist here at Green Street, I've watched her artistic development over quite a long time," she said.

"In the past, I've particularly loved Meredith's mixed media works, especially her interpretations of industrial sites and architectural landmarks such as Stanley Works, the Colt building and the Arrigoni Bridge which become portraits of places. She even created one of Green Street.

"These mixed media paintings not only demonstrate her understanding of color, light and composition, but her great reverence for the past lives of these structures. I'm looking forward to seeing her new work in September at the Windsor Art Center," she said.

Guze also praised Arcari's ability to share her skills.

"Meredith is not only an accomplished artist,



Artist Meredith Arcari has begun to create jewelry such as these "Geodes."

she's an amazing teaching artist as well. At Green Street, she teaches within our after-school program, our artist residency program and even provides private art lessons. Her lessons always encourage critical thinking and creative problem solving," she said.

"With her passion for the environment and even a master gardener's certificate, Meredith has been repeatedly chosen from our large roster of teaching artists as the artist in residence during our summertime Girls in Science camp for fourth through sixth-graders where she co-teaches with

Wesleyan University science faculty.

"Meredith is truly a warm and giving teacher. Her continued success as a teaching artist has undoubtedly been the result of her keen ability to simultaneously challenge her students, as well as to meet them where they are at, both developmentally and artistically," Guze said.

Arcari often donates her work for fund-raising events and exhibits throughout New England, as well as being involved with various auctions and commissions. She sometimes find inspiration for new work while out and about, such as the Webster Theater and St. Augustine Church, both in Hartford.

"I'm in the beginning stages. I usually take a picture of the place and then I sketch it out with pencil. I use a wooden board that not's primed, then I start layering on top of that with acrylics. And then I keep on adding," she said.

"At different times I go out and see a lot of different sites and think, that would be an amazing painting."

No matter what the subject matter, she wants each viewer to feel something special.

"I usually like the fact if they have some type of connection with that," she said. "It always makes me feel good when I know someone has some kind of connection to my artwork and enjoys it and appreciates it." **RHL**

Learn more at mereditharcari.com.



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The new Hampton Inn & Suites is taking shape on Cromwell Avenue. It is expected to open next year.

Photo by Mark Jahne



Filling a niche

Hampton Inn & Suites is under construction

by Mark Jahne
Editor

As the area around the intersection of Cromwell Avenue and West Street continues to grow, more businesses are taking notice. Among them is Lotus Hospitality.

The Berlin-based developer acquired a parcel of land at 685 Cromwell Ave. near the corner of France Street and is busy erecting a new hotel, the town's third. It will be called Hampton Inn & Suites and is affiliated with the Hilton hotel chain.

"This is the first one in Rocky

Hill. We have been looking for a project in Rocky Hill for several years," Gary Desai, the developer, said. "It's got a great location, right off the busy highway."

He added that this town is a nice place in which to live and/or work. Desai believes his facility will fill a niche not covered by the other hotels and motels in town, which Desai said are either large, full-service operations or cater to long-term stays of a week or more.

He firmly believes that all of the office buildings and manufacturing firms located here will fill his rooms

with people coming for short-term stays. So will people traveling on vacation or other leisure activities.

The project is 57,000 square feet and will have four floors and an atrium with a total of 90 rooms or suites. Amenities will include fast Wi-Fi, a business center and hot breakfast buffet.

"We've got a unique product. The rooms will feature the latest in design. We'll have meeting space for up to 60 people and a heated indoor pool," Desai said.

They already had a ribbon cutting with town officials and represen-

tatives of the Rocky Hill Chamber of Commerce. The grand opening is targeted for May 2018. He estimated the hotel will employ about 20 people.

Lotus Hospitality is a family business. This hotel will be the company's sixth holding in Connecticut and New York state.

"My father [Suresh] started the business many years ago. My background is in finance and management," Desai said.

The project is being built by BBL Construction Services of Albany, N.Y. The architect is HBT Architects of Rochester, N.Y. **RHL**

This is what the Hampton Inn & Suites will look like when construction is completed



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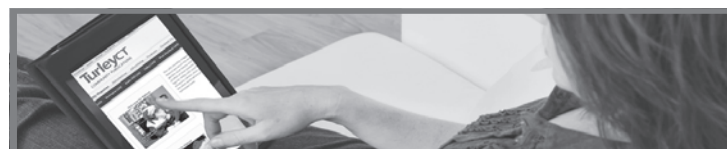
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Back to School

Tough transitions

How to handle the new faces and places that make going back to school overwhelming

by Alicia B. Smith, Mara Dresner and Allie Rivera
LIFE Staff

School years are filled with numerous transitions for students and parents alike. Each fall brings new opportunities for learning, new challenges, new classmates, new teachers and increased responsibilities. Navigating these changes can be challenging, but area experts also have tips for smoothly sailing on to each new horizon.

Middle school to high school

"Ninth grade is a tough transition," Mario Almeida, principal of Rocky Hill High School, said. "For most kids, it's a brand new building so it's important to start off on the right foot."

In many districts, the shift from a middle school setting to high school can be a particularly difficult transition due in large part to extended freedom and responsibility.

"Middle school students, at least in Rocky Hill, are on a team, so they don't really leave the confines of that team," Almeida said. "At the high school you're travelling on your own. You're given a lot of freedom and you're also given a lot of room to make some mistakes."

Along with those additional responsibilities within the school building, students at the high school level are also responsible for their own academic progress, making time management an important

skill to develop.

"You've got to put some time every night into some homework, and if you don't have homework, you have to study for that quiz or exam that's coming up," Almeida said. "Waiting until last minute to study for an exam is not going to fly at the high school."

Although students are given more responsibilities at this level, Almeida stressed that no student should feel they are tackling new challenges alone. There are a great deal of resources at the school for those who may feel they are struggling to adjust, either academically or socially, however students need to be proactive in seeking out help.

"Don't wait until you're

failing to speak up," Almeida said. "Ask your teacher for help. When kids take the initiative to go see their teachers, the teachers are of course going to help."

Should students feel that going to their teacher isn't an option, Almeida stressed the importance of finding someone else in the school.

"If you're struggling or having a hard time going to your teacher, at least go to your guidance counselor," he said. "They can at least be able to facilitate."

In addition to making strides academically, Almeida said that it is important for students to feel as though they are connected to their school by getting involved.

"My biggest advice that

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Back to School

I give to parents and kids is that the school has got so many clubs," he said.

"Get involved in some type of extracurricular. It doesn't just have to be sports. There's theater, marching band, chess club, Model U.N., there's so many things that they can get involved with."

By getting involved in school activities, students not only feel more connected to their school but also get the opportunity to meet others they may not have necessarily met in their classrooms.

"Academic achievement is improved when you're involved in extracurricular activities," Almeida said.

At Rocky Hill High School, as well as at many other schools throughout the state, incoming ninth-grader students have the opportunity to attend freshmen orientation.

"I think that's huge for them to attend," Almeida said. "They get to have a tour of the school and meet some of our upperclassmen. It's really a positive way to start off the year."

In West Hartford, Hall High School students are welcomed by Hall's Link Crew – part of a nationwide program that welcomes freshmen and makes them feel comfortable throughout their first year of high school.

Students from junior and seniors classes are trained to be mentors and serve as positive role models, mentors and student leaders who guide the freshmen through what it takes to be

successful in high school.

Public to private school

While most of the students at Westminster School in Simsbury are day students from the surrounding communities, they can expect some private school traditions that may be different from the environment at a public school.

One of the most startling changes students may have to adjust to, according to Jon Deveau, dean of admissions and enrollment management at the school, is the class size.

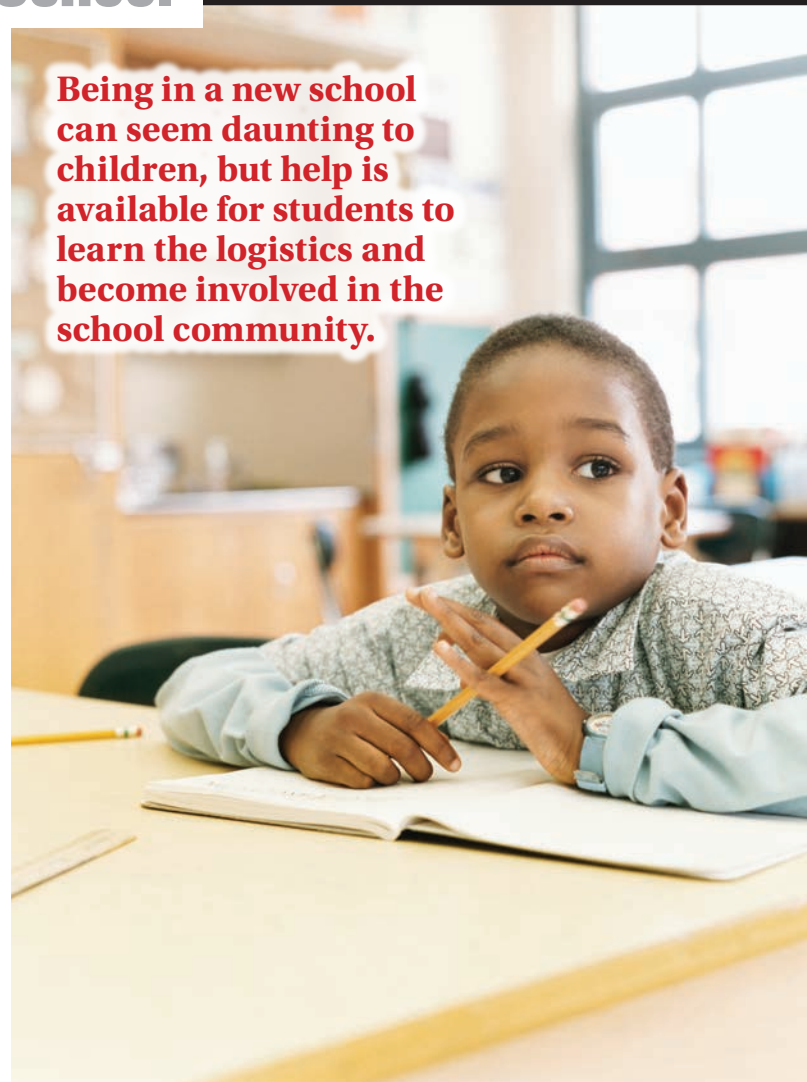
"Smaller classes mean students need to come prepared, need to have done their homework and come ready to participate," Deveau said, adding that class size is typically about 12 students versus the 20 or 25 that is more common in public schools. "The expectation on each student is much higher. You have to come ready to participate."

In addition, the school has a strict dress code to which students are required to adhere. While they do not have to wear uniforms, male students are expected to wear collared shirts, ties and jackets while female students have the option of wearing skirts with sweaters or blouses or dresses. If they opt to wear slack, they are required to have two distinct layers on top such as a sweater set or blouse and sweater.

The reason behind the required attire is to be "neat and presentable."

"It's to get them into that mindset, like putting on a uniform before a game. It puts you into a mindset, it's

Being in a new school can seem daunting to children, but help is available for students to learn the logistics and become involved in the school community.



time to go to work, time to go to school and work hard," Deveau said.

Deveau said, too, that Westminster has a diverse student body with students from 23 states and 29 countries.

Another difference students may encounter in this private school setting is the expectation for them to

become involved in non-academic activities, such as sports, theater, dance or a club.



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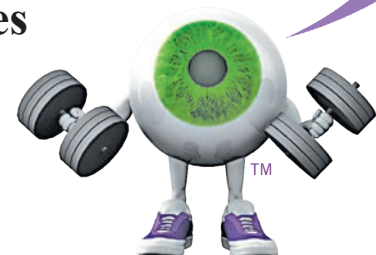
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Back to School

"Every season, every afternoon, every student is involved," Deveaux said.

Orientation for new students takes place in the first few days of school when member of the senior class welcome new students by greeting them when they first arrive on campus and by giving them tours or helping boarding students move into their rooms.

"The interesting and nice thing that happens here is this campus becomes the social base for the students," Deveaux said. "Even if not here 24/7, sports run six days a week, theater is six days a week. We tell parents to be accustomed to having your child want to go to school even on weekends."

At Kingswood Oxford, a private day school in West Hartford, students and their families are often familiar with the school as they likely attended campus events during the administrative process.

The school, however, offers a robust orientation program for all new students and their families.

"All new students are part of some type of program prior to the first day of school, which usually put those nerves at ease for them," Rebecca Benavides, senior associate director of admissions said. "Every student at our school has an advisor, which is a faculty

member, and they have met that advisor before the first day of school, that person stays with them through the year."

The majority of students who attend the school are coming in from a public school.

The Lower School, grades 6 to 8, has a setting similar to that of a public school in that students are contained to one building. Students in the upper school, grades 9-12, are in a more campus-like setting in that they move from one building to another for classes.

Each new family that comes to K-O is introduced to a mentor family which will reach out to the new family before the start of school to help them with any questions they may have from things like what do I wear to what do I need to bring?

"I think they do an excellent job of making new families feel comfortable," Benavides said.

Transitions for parents

So, your child is settled at school or into his or her first apartment. Now what? One of the toughest transitions is often for parents when they become empty nesters.

"I think people have to be prepared for this. You have to figure things change when everybody leaves. Think of it as an opportunity more than a loss. You have to figure out what do to with more

free time. You need to focus more on your marriage, your relationship with your friends; that takes conscious effort. It's very easy to feel disrupted with it, to feel upset," Geri Pearson, a nurse practitioner and associate professor, psychiatry, UConn School of Medicine, explained.

She's not just speaking from theory. Her youngest child – her children range in age from almost 33 to 20 – just moved out.

"You're left back with your spouse, back the way it started. You're missing all the noise. It's quieter; there's no question. I had to get used to it all. Groceries aren't as expensive. That's the thing that's really funny; groceries are half what they were," she said with a laugh.

Parents often start to see themselves in a different light.

"I think it brings your age into focus. When we have kids in the house, we still think we're young. When you don't have any kids in your house, you think, 'I'm moving into another phase in life,' which is OK," Pearson, said.

She said that most people will



"When you don't have any kids in your house, you think, 'I'm moving into another phase in life,' which is OK."

—Geri Pearson

get past the empty nest period with a little time.

"If people end up feeling really disrupted and it lasts months and months, they need to get some counseling; they need to figure out why. Maybe the marriage isn't good, maybe for years and years, they used their kids as a block. You do hear about people whose kids leave the home and they get divorced," she said.

And while Pearson's own children live in Connecticut and they text every day, she admits it's not quite like having them under the same roof.

"I really miss my kids," she said. "The hardest for us is figuring out how much to cook! Life is simpler without all these people in the house but also a little lonely." **RHL**

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Back to School



Ready or not?

Knowing if your child is ready for graduation to kindergarten is not always easy

by Nancy Thompson
LIFE Staff

For some parents, sending a child to kindergarten is a simple decision. There is no doubt the child is ready, emotionally, physically and developmentally. For others, it's not so clear-cut.

Children with late birthdays or who may appear not to have the self-control, the fine-motor

skills or other abilities to help them succeed in kindergarten can present their parents with a tough choice.

Experts in early childhood development and curriculum directors in the area have offered their thoughts and suggested links to help parents decide whether to hold a child out, perhaps enrolling him or her in a Pre-K class, or to send the child to kindergarten "on time."

It's about more than academics.

"I don't like the 'Your child must be able to...' stuff," said Rosemary Tralli, curriculum director for the Glastonbury Public Schools.

"Kindergarten is all about building foundational skills. We hope children come in with self-help skills and we do want to see some self-reg-

ulation, but the rest of it can be taught. We want them to be ready to receive instruction. We go by the law and its residency and age requirements."

She agreed that it's not always simple. "Some parents do come in concerned and want to talk about it," she said. "It's hard to make the decision one way or the other."

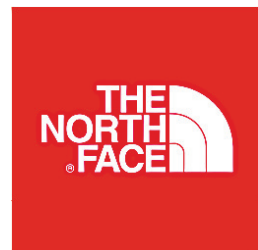
Irene Garneau, West Hartford's early childhood curriculum specialist, and Kerry Jones, director of the town's elementary curriculum, said they believe it's more important to consider signs that a child is ready to go to kindergarten.

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Back to School

with families of entering kindergarten students the important of executive functioning and social-emotional self-regulation skills," they said.

They defined self-regulation skills as enabling a child to pay attention, delay gratification, switch between tasks, transition between activities and control their emotions. "Early childhood research, as well as our experience in working with young children, provides compelling evidence of the critical link between social/emotional development and behavior and school academic success. Providing young children with rich experiences and vocabulary provides a strong foundation for future learning. This may occur with the family or in a high-quality Pre-K setting, or even better, both."

Barbara Hartigan, an association professor in the School of Education at the University of Saint Joseph and chairman of the school's early childhood special education program, said it's important to look at the whole child when considering readiness skills for kindergarten.

"Parents think that school is

all about cognitive development – learning, thinking and problem-solving – however, there are also social and emotional factors that play a huge role in success in school. Also, a child's movement, physical development and health are important aspects to consider. Language and communication are also important elements of a child's successful school experience."

She said research shows that "redshirting," or waiting to start kindergarten a year later, seems to have positive implications for future athletes, but asks, "How do we know that these young children are going to be elite athletes?"

Hartigan said that while parents tend to hold back children born late in the year or boys, who often mature more slowly than girls, to give them another year to mature, studies indicate that higher test scores and more mature behavior for children who have started kindergarten a year late are generally not seen past third grade.

She said research also shows that children with disabilities are

more likely to be held back from kindergarten, a move that concerns her because it can deny them important early intervention by specialists.

"Parents may keep their children out of school in hopes that ... skills will develop when in fact they would benefit from working with a professional on specific skills."

In Newington, Deputy Superintendent Pamela Muraca and Assistant Superintendent Wendy Crouse said the town's schools provide personalized early learning experiences for all students, and that all who meet the age requirements set by the state are welcome, although parents may consider other factors.

"Enrolling a child in kindergarten for some families is a personal decision based on the parent's experiences in school, the desire to have their child at home for another year, experiences of older siblings or redshirting," they said.

Revised kindergarten curricula that put more emphasis on academic skills shouldn't be a problem, experts say.

"Our job is to teach them where they are," Tralli said. "We give them a love of learning. It's important that they love being there, and that we're affirming."

Garneau agreed. "The Common Core and kindergarten curriculum have changed the kindergarten experience from what many of us remember from our own childhoods," she said. "It's important to remember that the Common Core standards focus on academic development and cognitive development/habits of mind – mathematical concepts, foundational literacy skills, perseverance. Developmentally, kindergarteners still need opportunities for hands-on learning and play-based experiences in which they can apply their new academic learning. Full-day kindergarten experiences and learning expectations are important, foundational starting points for children's academic developmental."

All agreed that in the end, the decision to send a child on time or to wait is up to the parents.

"There's no right or wrong, no one way to look at this," Tralli said. **RHL**

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Walk & learn

Historical society
plans a fresh air tour
of historic district

by Mark Jahne
Editor



Left:
Rear view of
13R Riverview
Rd., taken in
2017.

Bottom left:
13 Riverview Rd.
between 1935-
1942.

Bottom right:
13 Riverview
in 2017



Courtesy photos taken from Powerpoint document

This town is full of historic homes that people drive by every day. Many of them have a story to tell and those stories will be explored on Aug. 26.

The Rocky Hill Historical Society is planning a walking tour of the Rocky Hill Center Historic District in cooperation with the Central Connecticut Health District. The focus will be on historic homes and the people who lived in them.

It kicks off at 1 p.m. from Academy Hall at 785 Old Main St. Society leaders have performed extensive research and prepared a document that they plan to use as a tour guide; the guide can be found online at rhhistory.org.

Town Historian Robert Herron will lead the tour and RHHS President Ed Chiucarello will record any information provided by the current occupants so that it can be recorded in the archives.

Herron said the goal is to disseminate information and also learn new things. This tour will be a give-and-take conversation where historical society representatives tell the participants as much as they know about the houses and invite people in the district to share what they know with them in return.

he enjoys hearing the history of who owned the various homes and what happened in these locations.

For example, several members of the Riley family used to live on Riverview Road, which is why it is called Riley's Corner. Many of these old houses were originally owned by sea captains.

**"It's not the buildings,
it's the stories."**

– Robert Herron

The tour will progress to Washington Street, then down Riverview Road, across Glastonbury Avenue and up Pratt Street. It will then turn right onto Belden Lane, then left up Glastonbury Avenue, and end back at Academy Hall.

The Rocky Hill Center Historic District is one of three distinct historic districts in town. Herron said

"Some people collect tinfoil. I do this," Herron said with a smile. "It's not the buildings, it's the stories. Pratt Street gets overlooked."

Much is known about some of the houses but others are shrouded in mystery. He is hoping someone, either property owners or tour participants, will be able to fill in some of those blanks.

For example, three of the homes were once the residences of local postmasters who were indicted for embezzling from what is now the U.S. Postal Service.

Herron said some of the homes were the residences of people who held slaves. Others were part of the Underground Railroad that helped escaped slaves flee as far north as Canada.

Several of the houses on this tour are listed on the National Register of Historic Places. Chiucarello, who is an avid outdoorsman, likes the idea of combining history with a nice summer stroll.

"I've been thinking about it," he said. "I think it's going to be fun. It's important for us to get people thinking about history."

He gave credit to Herron for taking his idea and turning it into action. **RHL**

For more information email thistorian@rockyhillct.gov or call Herron at 860-888-3976.

News roundup

Three will compete for mayor

This year's municipal election Nov. 7 will feature a three-way battle for mayor. Incumbent Democrat Claudia Baio is at the top of her party's list. She is being opposed by Republican Lisa Marotta and petitioning candidate Henry Vasel, a Republican who served as mayor from 2013-2015.

Vasel has also formed a third party named Unite Rocky Hill.

Each party is running five people for seats on the Town Council. The Democrats are incumbents Joe Kochanek Jr., John Emmanuel and William O'Sullivan with newcomers Mukesh Desai and Christopher Duff. The Republican ticket consists entirely of newcomers: Bryan Addy, Jeffrey Levine, Andrew Lanciotto, Edward Charamut and Allan Greenspan.

The United Rocky Hill ticket for Town Council features Republican incumbents Frank Szeps and Cathy Vargas along with Ralph "Larry"

Lindenberger, Cindy Tangney and Michele Collins.

Seeking seats on the Board of Education are Democrats Laurie Boske, Barry Goldberg, Rene "Skip" Rivard, Maria Mennella and Judi Murphy. Opposing them are Republicans Frank Moore, Brian Dillon, Kimberly Kehoe, Dilip Desai and Jennifer Simboski Allison.

Voters will also be asked to select people to serve on the Board of Assessment Appeals and Zoning Board of Appeals.

Learn about book clubs

The Cora J. Belden Library will host a pair of book club networking meetings at 7 p.m. Sept. 20 and 2 p.m. Sept. 21. Registration is required.

Members of area books clubs are invited to join library staff to discuss book club resources, ingredients for a great discussion, book club kits and more. Call 860-258-7632 or go online to rocky-hillct.gov/library for additional information. **RHL**

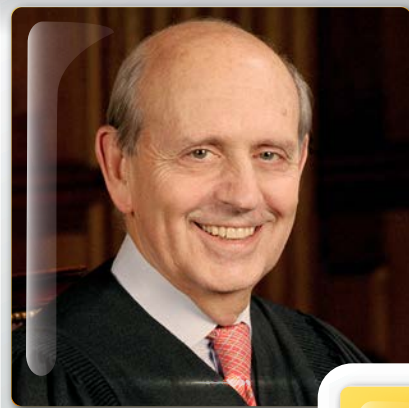


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Events *spotlight*



Historic District Walking Tour

Aug. 26, 1 p.m.

Academy Hall, 785 Old Main St.

860-888-3976 or thistorian@rockyhillct.gov

The Rocky Hill Historical Society and Town Historian Robert Herron will lead a walking tour of the Rocky Hill Center Historic District. Learn about the homes, and the stories connected to those homes that sit along Washington Street, Pratt Street, Riverview Road, Glastonbury Avenue and Belden Lane.

Golf Outing

Sept. 22, 11 a.m.

Timberlin Golf Club

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The St. James Council 10651 Knights of Columbus presents the first of what it hopes will become an annual event. The day begins with lunch followed by a shotgun start and ends with a roast beef dinner and prizes. Tee sponsorships are available starting at \$80. To register, or for more information, contact Mike Lombardo at 860-869-2231 or gottago1969@sbcglobal.net, or Mike DiBattisto at 860-713-9070 or mdibattisto@cox.net. **RHL**

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1 Art Start, 10:30 a.m., for ages 2 and older, Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library

5 Career One-on-One, 10 a.m. to noon, appointments required, Cora J. Belden Library, also Sept. 19

Knitting Group, 11 a.m., Cora J. Belden Library, also Sept. 12, 19 and 26

CT Hearing Voices Network support group, 7 p.m., Rocky Hill Congregational Church, 805-817 Old Main St., second floor classroom, 203-391-4968, also Sept. 12, 19 and 26

6 Playgroup Plus, 10:15 a.m., Cora J. Belden Library, also Sept. 13, 20 and 27

Coloring for Adults, 6 p.m., Cora J. Belden Library, also Sept. 13, 20 and 27

Mystery Book Discussion, 6:30 p.m., Cora J. Belden Library

Poetry Reading & Open Mic Night, 6:30 p.m., registration requested, Cora J. Belden Library

7 La Leche League, 10 a.m. to noon, 23 Textbook Ave.,

860-529-2307 or mgubala@sbcglobal.net

ESL Classes, 10:30 a.m., Cora J. Belden Library, also Sept. 14, 21 and 28

Minecraft Club, 4 p.m., for grades 2-5, Cora J. Belden Library, also Sept. 14, 21 and 28

Minecraft Club, 5:30 p.m., for grades 6-12, Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library, also Sept. 14, 21 and 28

Introduction to Virtual Reality, 5:45 p.m., Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library, also Sept. 14, 21 and 28

Family Make It, Take It, 6 p.m., Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library, also Sept. 14, 21 and 28

9 Alzheimer's or Dementia Caregivers Support Group, 10 a.m., registration required, The Atrium at Rocky Hill, 1160 Elm St., 860-563-5588 or kpernerewski@benchmarkquality.com

11 SCORE Small Business Counseling, 12:30 p.m., Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library, also Sept. 18

Library Board of Trustees, 7 p.m., Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library

12 Memory Café, 2 p.m., Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library

Health & Wellness with Dr. Klughers, 6:30 p.m., registration requested, Cora J. Belden Library, 33 Church St., 860-258-7623 or rockyhillct.gov/library

13 Getting Started with iPhone and iPad, 2 p.m., Cora J. Belden Library

Friends of the Library Board, 7 p.m., Cora J. Belden Library

14 Stages of Alzheimer's, 6 p.m., The Atrium at Rocky Hill, 1160 Elm St., registration required, 860-563-5588 or kpernerewski@benchmarkquality.com

15 LEGO Free Play, 10:30 a.m., Cora J. Belden Library,

19 Getting Started with Android Phones & Tablets, 2 p.m., Cora J. Belden Library

A History of CCC Camps in Connecticut, 6:30 p.m., registration requested, Cora J. Belden Library

22 Knights of Columbus Golf Outing, 11 a.m., Timberlin Golf Club, 330 Southington Road, Berlin, \$125 per player, 860-869-2231 or 860-713-9070 or email gottago1969@sbcglobal.net or mdibattisto@cox.net

26 Getting Started with Windows 10, 2 p.m., Cora J. Belden Library

Learning Mindfulness, 6:30 p.m., registration requested, Cora J. Belden Library

27 Playgroup Plus, 10:15 a.m., Cora J. Belden Library

28 Open House for Parents, 6:30-8:30 p.m., Rocky Hill High School

Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at mjahne@turleyct.com or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070.

People notes

Clara Kowalski of Rocky Hill recently celebrated her 102nd birthday.

Judy Milles was honored as the senior volunteer of the year at the Rocky Hill Senior Center. She is flanked by Interim Town Manager John Mehr and Mayor Claudia Baio.

Jingyi Chen was named to the honor roll at Watkinson School in Hartford.

Humairaa Bhura earned a bachelor of science degree in business administration from the University of Hartford.

Kristina Qyra earned a bachelor of science degree from the University of Hartford.

Ryan Reinsch earned a bachelor of science degree in nursing from the University of Hartford.

Kristen Lauria earned a bachelor of music degree from the University of Hartford.

Abby Oostendorp was named to the dean's list with highest honors at the University of New Hampshire.



The following residents graduated from Tunxis Community College: **Rebeqa Abrams**, certificate in accounting; **Amanda Jovino**, A.S. degree in general studies; **Lydia MacArthur**, A.S. degree in dental hygiene and **Alex Taricani**, A.S. degree in visual fine arts – photography.

Dominique D'Costa, Hannah Garrahy, Alyssa Sokaitis, Hilda Agyapong, Antonio Carlone and Kelsey Ott were named to the dean's list at Eastern Connecticut State University.

Arianna Genovese, Tea Kokic, Elizabeth Leahy, Eileen Rodriguez and Victoria Spellman

were named to the dean's list at Lasell College.

Megan Rowe earned a bachelor of science degree in biology from Marist College. She was also named to the dean's list.

Shane Steinman earned a bachelor of science degree in accounting from Marist College.

Alexandra Sliwka received a C. Miranda Early Childhood Education Award from the Tunxis Community College Foundation.

Christina Bobbitt, Evan Menze and Emily Siegel were named to the dean's list at the University of Rhode Island.

Evan Choquette, Nicholas Klatt and Kelly Clancy were named to the president's list at Western New England University.

Tim Rhoudou was named to the dean's list at Bryant University.

Emily Siegel earned a bachelor of science degree in communicative disorders, summa cum laude, from the University of Rhode Island.



Evan Menze earned a bachelor of science degree in kinesiology, cum laude, from the University of Rhode Island.

Sharon Hansen, Shona Korr, Rachel Meisterling and Sandra Orosco were named to the dean's list at Goodwin College.

Kyle Carducci was named to the dean's list at Western New England University.

Evan Choquette graduated cum laude with a bachelor of science degree in computer science from Western New England University.

Kelly Clancy graduated summa cum laude with a bachelor of arts degree in psychology from Western New England University. **RHL**



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Slice of LIFE

photos by Allie Rivera



Children entering grades K-3 had a chance to hone their culinary skills at the Kids Get Cooking program Aug. 9 at the Cora J. Belden Library. They learned how to make twice-baked potatoes from program leader Robin Strumpf.



Children Get Cooking

1. Arna Srinivasa, 7, Parth Wani, 5, and Dakshayani Mandia, 6, from left, concentrate on scooping out their potatoes. **2.** It took a great deal of arm muscle for 5-year-old Akshara Rajesh to mash the ingredients together. **3.** Seven-year-old Sumea Keskić fell into a fit of giggles after accidentally over-scooping her potato. **4.** Anjana Vijay, 7, used both hands to fully mash her potatoes. **5.** Friends Karleigh Marchand, 6, left, and Mia Ferreira, 7, took the class together. **6.** Eleven-year-old Shalini Gariki was on hand to help some of the younger chefs, including Aislinn Antiporda, 4. **7.** Program leader Robin Strumpf showed children how to use the microwave oven to heat up their mashed potatoes. **8.** Tyler Stechlinski, 5, paid close attention to the instructions.



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Meet Diego and Nilla



Diego

Diego

Diego is a male Basset Hound, 11 years old, but still full of love. He exhibits a moderate level of activity and needs some daily exercise. The perfect place for him would be a single-family home with children of any age and he would be a great companion for a family with no prior pet experience.



Nilla

Nilla

Nilla is a female 5-month-old domestic shorthair who still exhibits the high energy level of a kitten. She is an indoor cat only and might be OK living with other pets. Children in the home should be 15 or older.



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Editorial

Hate has no place in America

The recent events in Charlottesville, Va., are a wake-up call to the rest of the United States of America. More than 240 years after the founding of this country and more than 150 years since the end of the Civil War and the abolition of slavery, there are still people who foster hatred, racism and bigotry toward their fellow citizens.

That should come as no surprise. This country has always struggled with race relations and increasing racial, cultural, religious and ethnic diversity. Recent years have added a growing number of different sexual orientations to that list.

Some people can deal with all of that better than others. Some embrace, some generally accept, some don't understand, some may even disagree. That's their right.

But they do not have the right to promote violence against people who do not look and think like them. America was founded as a country of immigrants and remains so today. Unless your body contains Native American blood, you or your ancestors came here from somewhere else.

Totalitarian states are simple in their design. Everyone is expected to walk, talk and behave in the same manner. To do otherwise, especially if it

involves criticism of the government, is to risk ostracism, harassment or even imprisonment.

Freedom is a much better approach, but it comes with challenges. The First Amendment grants every American the right to free speech. We can say almost anything we want without fear of penalty, even if it is hurtful or offensive.

That is especially true when it comes to political speech, perhaps the most protected kind of expression. People should be able to praise or criticize their government and its elected and appointed officials. They should be allowed to advocate for change or maintaining the status quo and utilize passionate language in doing so.

But it crosses the line when that sacred American right is used to promote hate, bigotry and violence. That's not liberal speech or conservative speech. It's straight-out evil and should be regarded as such.

White supremacists, neo-Nazis, anti-Semites, The Ku Klux Klan and any other groups that espouse hate and intolerance need to be rejected and opposed by the good people of this country.

We may not be able to change their minds, but we can at least send the message that their views are not welcome in a free country that proclaims all of its citizens to be equal in the eyes of their creator and under the law.

Letter

Backs the Democratic team

To the Editor:

This letter is directed principally to Rocky Hill Democrats, independents and dissatisfied Republicans. If you care about the future of our town, mark your calendar now for Nov. 7 – Election Day.

Over the past year and a half, Mayor Claudia Baio and her Democratic Town Council team have moved the town forward in many significant areas, including adoption of a budget with a tax impact of less than one mill in the face of Republican opposition and state and federal inaction, progress in the development of a solar energy project that will

save town taxpayers approximately \$3.6 million in energy costs over the next 20 years, planning for a new intermediate school to be overseen by a bipartisan school building committee, protection of the 70-acre Hintz Farm from future development, dedication of the new Miracle Field for special needs children at Elm Ridge Park, and development of Town Center West to create new jobs and housing opportunities in Rocky Hill.

However, if this record of accomplishment is to be expanded during the next two years, it is absolutely essential that Rocky Hill voters go to the polls on Nov. 7 and support

Mayor Baio and her Democratic team. Failure to vote will actually be a vote against continued progress.

Remember what happened in 2016? The Republican candidate for president won the election principally because three states – Michigan, Wisconsin and Pennsylvania – backed him by less than 1 percent of the vote in each of those states, largely because enough Democratic, independent and dissatisfied Republican voters decided to stay home.

Rocky Hill cannot afford the same kind of result this year. Your vote is your voice for our town's future.

Carol deBear

rocky hill LIFE

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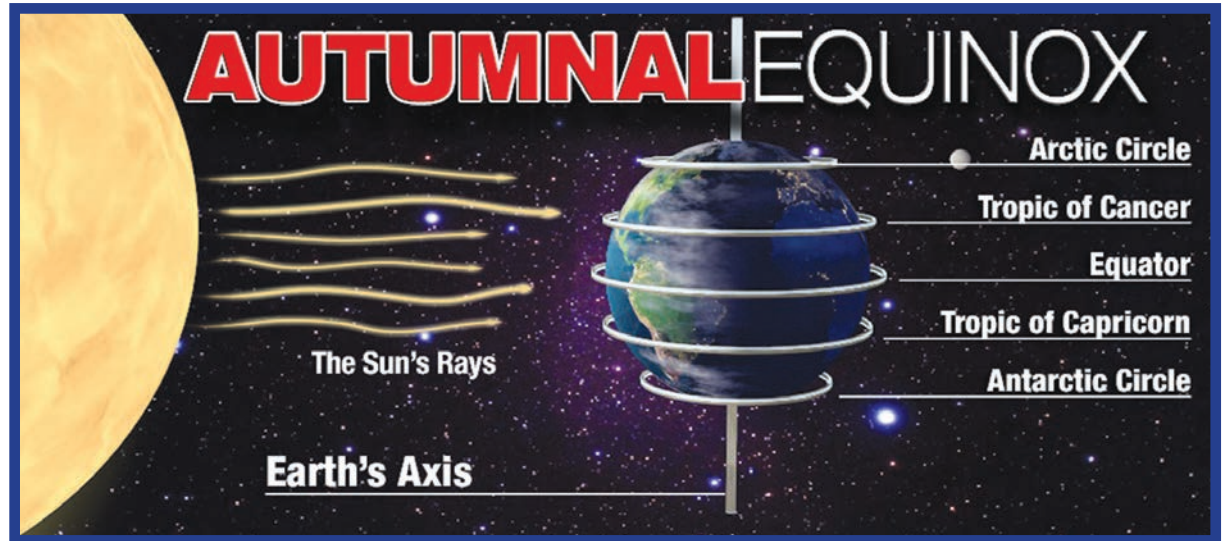
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BY MARK DIXON
WFSB METEOROLOGIST [AMS]



Goodbye summer, hello autumn!

This month we transition from Summer to Fall. Tough for those of you who may enjoy heat and humidity, but a welcome change for those who like cooler, shorter days. The Autumnal Equinox occurs this year on the 22nd of this month, at 4:02 pm.

Now the term “equinox” is Latin, referring to the days of the year when there is nearly equal day and equal night – when the Earth’s axis is not tilting in either direction toward or away from the Sun (also occurring in March with the transition from winter to spring).

However, the exact timing is more of an approximate - on the

22nd we will actually have 12 hours and 10 minutes of possible daylight (sunrise 6:38 a.m., sunset 6:48 p.m.). Also, it is important to point out, with regard to sunrise/set, these times are relative to when the upper edge of the Sun crosses the horizon (not the center).

To go more in-depth, the equinox occurs when the Sun

crosses the celestial equator, from north to south – when the Sun is at the halfway point, between summer and winter. Of course, this is relevant only to the Northern Hemisphere. In the Southern Hemisphere, it would be the opposite; meaning, those south of the equator will be saying goodbye to winter and hello to spring. **RHL**



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WEEKNIGHTS AT 11:00PM

WE BEAT EVERYBODY

REBATES

DOUBLED TRIPILED

Up to **\$140** per set On **Bridgestone/Firestone**

Up to **\$180** per set On **Goodyear/Kelly**

Good Until 9/25/17

PLUS!

With every 4 Tire Purchase

You Choose

4 FREE

Lube, Oil & Filters



Incl. up to 5 qts Mobil Special 5W30 motor oil, oil filter, lube & courtesy ck. Most Vehicles.

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Front End Alignment



Specialty, Thrust Angle and Complete 4 Wheel Alignments are additional - see store for your vehicle's alignment type.

OR

FREE

Road Hazard Protection



Covers FREE Flat Repairs and Tire Replacement for Road Hazards - See store for full coverage details.

SPEND \$50 GET \$50

At Net Cost of ZERO

When You Buy Any Service or Repair for \$50 with your Goodyear Card...

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Apply for Instant Approval. Must present this coupon. See store for details. Valid through 9/25/17.

EXPRESS LUBE, OIL & FILTER

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Includes up to 5 qts. Mobil Special 5W-30 motor oil, oil filter, lubrication & courtesy check. Most cars.

Plus

FREE TIRE ROTATION

Must present coupon. Not valid with any other discounts. Expires 9/25/17. Oil disposal fee add'l.

BRAKE PADS or SHOES

\$99.99

installed, per axle
Most vehicles
Brake systems are complex.

FREE BRAKE INSPECTION

Let our staff inspect your brake system.

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Stop by or call for a convenient appointment to have our experts inspect your system.

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